

Empat tanda buli.

- 1 Dia sengaja buat.
- 2 Ada orang yang jadi sasaran.
- 3 Berulang kali, atau sekali tetapi berat.
- 4 Mangsa jadi sakit, sedih atau terpinggir.



Kena ada **semua empat**. Kalau satu tak ada, ia mungkin bukan buli.

Beritahu orang dewasa yang kamu percaya.

Cikgu, ibu, bapa, atau kaunselor sekolah.

Ceritakan apa yang berlaku, bila, dan di mana.

Sekolah wajib menyiasat dan membantu kamu.



Dibuli bukan salah kamu. Kamu berhak rasa selamat di sekolah.

DITERBITKAN OLEH

Suruhanjaya Hak Asasi Manusia
Malaysia (SUHAKAM)

Tingkat 17, Menara Aras Raya, No. 11, Jalan Raja Laut, 50100
Kuala Lumpur · Tel: 03-2612 5600 ·
humanrights@suhakam.org.my · www.suhakam.org.my

Siri kesedaran di bawah Akta Antibuli 2026 (Akta 876).

Buli ke, bukan?

Cara mudah untuk tahu: periksa empat tanda.



Keliru itu buli atau bukan? Kalau empat tanda ini ada, itu buli. Beritahu orang dewasa.

TANDA SATU DEMI SATU

Tanya empat soalan ini.

1. Dia sengaja?

Perbuatan itu memang dibuat, bukan tersalah atau tersepak.

2. Ada sasaran?

Perbuatan itu ditujukan kepada seseorang, bukan berlaku begitu sahaja.

3. Berulang atau berat?

Berlaku banyak kali, atau sekali sahaja tetapi kejadian itu serius.

4. Ada kesan buruk?

Mangsa cedera, hatinya terluka, atau dia dipinggirkan kawan.

CUBA TEKA

Buli, atau bukan?

Masa main bola, kawan tersepak kaki saya.
Dia terus minta maaf.

BUKAN BULI tiada tanda 1

Setiap hari dia sorok beg saya dan ketawakan saya depan kelas.

BULI semua empat tanda ada

Dua orang bertengkar sekali, kemudian berbaik semula hari itu juga.

BUKAN BULI tiada tanda 3 dan 4

Dalam grup kelas, dia hantar gambar saya dengan kata-kata menghina.

BULI buli juga berlaku dalam telefon

SELALU TERSALAH FAHAM

Ini pun bukan buli.

Cikgu tegur kerana kamu tidak siapkan kerja rumah.

Kawan menang permainan dan kamu rasa kecewa.

Kawan tidak sengaja langgar kamu di koridor.

Tetapi kalau kamu rasa takut atau sedih dan ia berulang, tetap beritahu orang dewasa.
Biar orang dewasa yang nilai.



Ragu-ragu? Tanya. Jangan diam.

CHECKLIST

Four signs of bullying.

- 1 They did it on purpose.
- 2 Someone was the target.
- 3 It happened again and again, or once but badly.
- 4 It hurt the person's body, feelings or friendships.



You need **all four**. If one is missing, it may not be bullying.

IF IT IS BULLYING

Tell an adult you trust.

A teacher, your parents, or the school counsellor.

Say what happened, when, and where.

The school must look into it and help you.



Being bullied is not your fault. You have a right to feel safe at school.

PUBLISHED BY

Human Rights Commission of Malaysia
(SUHAKAM)

Tingkat 17, Menara Aras Raya, No. 11, Jalan Raja Laut, 50100
Kuala Lumpur · Tel: 03-2612 5600 ·
humanrights@suhakam.org.my · www.suhakam.org.my

An awareness series under the Anti-Bullying Act 2026 (Act 876).

Is it bullying?

An easy way to tell: check the four signs.



Not sure if it is bullying? If all four signs are there, it is. Tell an adult.

ONE SIGN AT A TIME

Ask these four questions.

1. On purpose?

They meant to do it. It was not a slip or an accident.

2. Aimed at someone?

The act was directed at a person, not just something that happened.

3. Repeated or serious?

It happened many times, or only once but the incident was serious.

4. Did it cause harm?

The person was hurt, upset, or pushed out by their friends.

HAVE A GUESS

Bullying, or not?

During a football game a friend kicks my leg. He says sorry straight away.

NOT BULLYING sign 1 missing

Every day he hides my bag and laughs at me in front of the class.

BULLYING all four signs are there

Two classmates argue once, then make up again the same day.

NOT BULLYING signs 3 and 4 missing

In the class group chat he posts my photo with insulting words.

BULLYING bullying happens on phones too

OFTEN MISTAKEN

These are not bullying either.

A teacher corrects you for not finishing your homework.

A friend wins the game and you feel disappointed.

A friend bumps into you in the corridor by accident.

But if you feel scared or sad and it keeps happening, still tell an adult. Let the adult decide.



Not sure? Ask. Don't stay quiet.